

The *School Health Profiles* monitor the status of health education, policies, and programs in public schools at the middle, junior, and senior high school levels.

- Developed by the CDC
- Originally limited to health education, but now collect some information on physical education, health services, violence prevention, tobacco control, and food services
- Conducted in the spring of even-numbered years since 1994
- Random sample of all regular secondary public schools having at least one of the grades 6 through 12
- In 2004, questionnaires were sent to the principal and a designated lead health teacher in 436 secondary schools
- Usable questionnaires were returned by 353 principals and 331 teachers, representing about one-fourth of all secondary schools

School support for student health and safety

Figure 1. Percentage of Missouri secondary schools with policies that support health education and physical education, 1994 - 2004

		1994	1996	1998	2000	2002	2004
	Require health education in any of grades 6 through 12	NA	84	80	87	92	91
	Have designated coordinator of health education	71	90	97	98	97	97
mili	Have school health advisory council	46	41	37	54	55	61_
	Require physical education in any of grades 6 through 12	NA	NA	NA	NA	100	100
	Permit use of school for community sports or physical activity programs	NA	NA	NA	NA	93	88
	Offer intramural activities or physical activity clubs	NA	NA	NA	NA	60	62
	Provide transportation for students engaged in after-school activities	NA	NA	NA	NA	20	30

Figure 2. Violence prevention programs in secondary schools, Missouri, 2000 - 2004

	2000	2002	2004
Violence response plan	96	98	98
Peer mediation	49	52	47_
Bullying prevention	38	40	47_
Gang violence prevention	25	21	21
Safe passage to school	10	8	7_

Figure 3. Asthma management activities in secondary schools, Missouri, 2002 - 2004

	2002	2004
Encourage full participation in p.e. and physical activity when students with asthma are doing well	97	99
Identify and track all students with asthma	93	94_
Assure immediate access to medications as prescribed by a physician and approved by parents	91	94
Provide modified p.e. and physical activities as indicated by the student's Asthma Action Plan	95	86
Provide a full-time registered nurse all day, every day	72	73
Obtain and use an Asthma Action Plan for all students with asthma	64	67
Educate students with asthma about asthma management	56	64

Figure 4a. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

Prohibit student cigarette smoking in buildings 100 100 99 99 99 99 on grounds in buses 100 99 99 at off-campus, school-sponsored events 97 96 97

Figure 4b. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

Figure 4c. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

Prohibit tobacco advertising in buildings 94 93 95 92 on grounds 94 94 93 92 in school publications 94 in buses 93 93 94 Prohibit students from wearing or carrying items with tobacco brand names, logos, or cartoons 93 92 94 Prohibit tobacco advertising through sponsorship of school events 89 90 90

Figure 4d. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

2000 2002 2004

Prohibit faculty and staff use of cigarettes 75 83 79 cigars 70 82 78 pipes 70 81 78 smokeless tobacco 82 70 77

Figure 4e. Tobacco control policies in secondary schools, Missouri, 2000 - 2004 2000 2002 2004 Prohibit visitor use of cigarettes NA 81 76 cigars NA 79 73 pipes NA 79 73 smokeless tobacco NA 75 70

Figure 5a. Nutrition policies in secondary schools, Missouri, 2002 - 2004

	2002	2004
Snack foods or beverages are available from vending machines or snack bar	90	90
bottled water	86	90
100% fruit juice	79	76_
salty snacks such as potato chips	77	76_
low-fat salty snacks, such as pretzels	74	76_
chocolate candy	70	69
other candy	70	71_
low-fat baked goods	57	57

Figure 5b. Nutrition policies in secondary schools, Missouri, 2002 - 2004

	2002	2004
Students can purchase snack foods or beverages		
during school lunch periods	72	69
before classes begin in the morning	72	69
during any school hours when meals are not being served	36	38
Students have at least 20 minutes for lunch after they are seated	63	65

Figure 6. Professional preparation of lead health education teachers, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
Health and physical education	NA	40	42	50	47	57
Physical education only	62	31	22	18	25	17
Family life education or life skills	15	14	14	NA	14	11_
Other	6	3	3	3	6	6_
Science	6	4	5	4	3	4
Health education only	6	2	3	3	3	2
Nursing	4	2	5	2	2	2_

Instruction

Figure 7. Grades in which health education is required, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
6th	31	56	64	63	74	68
7th	52	76	78	83	86	85
8th	51	59	74	78	86	80_
9th	27	49	61	68	86	82
10th	30	56	60	36	25	31
11th	9	24	32	16	17	20
12th	8	22	31	16	15	20

Figure 8. Skills taught in required health courses in secondary schools, Missouri, 1996 - 2004

	1996	1998	2000	2002	2004
Decision making	98	96	99	97	99
Resisting peer pressure	97	95	98	98	97
Goal setting	89	91	95	94	95
Communication	87	88	93	93	93
Accessing health information, products, and services	NA	81	85	90	91
Advocating for personal, family, and community health	NA	78	85	85	85
Analysis of media messages	75	76	76	85	83

Figure 9a. Topics taught in required health courses in secondary schools, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
Tobacco use prevention	91	97	99	99	99	99
Physical activity and fitness	79	98	94	95	100	99
Nutrition and dietary behavior	79	98	93	95	100	99
Alcohol or other drug use prevention	96	100	99	100	99	98
HIV prevention	86	94	96	96	96	98
Accident or injury prevention	78	89	87	95	94	95
Emotional and mental health	NA	91	90	95	94	94

Figure 9b. Topics taught in required health courses in secondary schools, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
Growth and development	NA	90	89	93	92	93
STD prevention	78	94	91	90	90	93
Consumer health	NA	85	80	85	88	90
First aid	NA	88	82	86	86	88
Violence prevention	40	85	85	82	85	87
Human sexuality	78	90	84	84	84	86
Pregnancy prevention	66	85	84	82	82	86_

Figure 9c. Topics taught in required health courses in secondary schools, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
Dental and oral health	NA	78	71	75	77	78
Environmental health	NA	75	71	71	78	77_
Suicide prevention	57	75	70	73	74	74
CPR	NA	75	69	71	73	73_
Death and dying	NA	59	55	58	62	64

Figure 10. Physical activity topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

	2002	2004
How much physical activity is enough	88	98
The physical, psychological, or social benefits of physical activity	96	95
Health-related fitness	93	94
Decreasing sedentary activities such as television watching	90	91
Phases of a workout	91	89
Dangers of using performance- enhancing drugs, such as steroids	90	89
Preventing injury during physical activity	89	89
Weather-related safety	90	85

Figure 11. HIV and AIDS topics taught in required health courses in secondary schools, Missouri, 1994 - 2004

		1994	1996	1998	2000	2002	2004
	Abstinence as the most effective way to avoid HIV infection	74	96	92	94	96	95_
	How HIV is and is not transmitted	NA	100	94	95	94	95_
	Influence of alcohol/drugs on HIV infection risk behaviors	68	91	87	89	93	91_
	Information on HIV testing and counseling	36	77	68	79	78	76
	Compassion and support for persons with HIV/AIDS	33	77	67	81	76	75_
ılıll	Condom efficacy	52	75	66	66	68	69_
dimi	Correct use of condoms	20	41	30	28	28	32

Figure 12a. Nutrition and dietary topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

	2002	2004
The benefits of healthy eating	98	98
Aiming for a healthy weight	96	98
Choosing a variety of fruits and vegetables daily	95	97
The Food Guide Pyramid	98	97
Using food labels	96	96
Risks of unhealthy weight control practices	94	96
Choosing a diet low in saturated fat and cholesterol and moderate in total fat	94	96
Choosing a variety of grains daily, especially whole grains	93	95

Figure 12b. Nutrition and dietary topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

	2002	2004
Moderating intake of sugars	94	94
Eating disorders	95	92
Accepting body size differences	90	90
Preparing healthy meals and snacks	90	89
Eating more calcium-rich foods	88	87
Choosing and preparing foods with less salt	83	86
Keeping food safe to eat	84	83

Figure 13. Tobacco prevention topics taught in required health courses in secondary schools, Missouri, 2000 - 2004

	2000	2002	2004
Short- and long-term health consequences of cigarette smoking	98	97	98
Benefits of not smoking cigarettes	99	96	98
Addictive effects of nicotine in tobacco products	99	95	97
The health effects of second-hand smoke	NA	94	97
Short- and long-term health consequences of smokeless tobacco	98	95	96
The number of illnesses and deaths related to tobacco use	95	94	96
How to say no to tobacco use	NA	94	96

Coordination of school health activities

Figure 14a. Strategies used by lead health teachers to involve others in health education, Missouri, 1994 - 2004

	1994	1996	1998	2000	2002	2004
Provided families with information on the health education program	NA	NA	NA	66	73	68_
 Invited parents to attend health class	19	33	31	30	30	30
 Met with parents' organization to discuss the health education program	NA	NA	NA	18	21	17

Figure 14b. Strategies used by lead health teachers to involve others in health education, Missouri, 1994 - 2004

		1994	1996	1998	2000	2002	2004
	Collaborated with other school health personnel						
اللتك	Physical education staff	38	70	64	81	88	82
<u>.::!!!</u>	School health services staff	18	55	63	81	82	79
HIII	School mental health or social services staff	23	56	48	57	59	58
111	Community members	NA	NA	NA	52	50	46
-1111	Food service staff	6	18	15	25	27	27

Figure 15. Secondary school courses other than health in which required HIV prevention is taught, Missouri, 2002 - 2004

	2002	2004
HIV prevention		
Family and consumer sciences	50	51
Physical education	40	45_
Family life education or life skills	45	40
Science	39	39
Special education	21	25

Figure 16. Secondary school courses other than health in which required tobacco use prevention is taught, Missouri, 2002 - 2004

	2002	2004
Tobacco use prevention		
Physical education	57	55
Family and consumer sciences	49	49
Family life education or life skills	46	37
Science	35	33
Special education	27	28

